

Bangalore Mirror

TEMP Max 28 | Min 18 | Humidity 88%

Generally cloudy sky

Sensex 78,540 | Nifty 73,753 | Gold 77,450 | Silver 91,400 | Dollar 85.17 | Euro 88.60 | GBP 106.91



SEASON'S GREETINGS

Markets are bustling with shoppers, homes are lit up and churches are decked up — Christmas has well and truly arrived in city

PAGE 2



WASTE WEALTH

Looking at all the waste around, it may be hard to believe that ₹7,45,809 is spent every single day to process city's garbage

PAGE 5

As garbage bins installed on strategic locations of CBD go missing, citizens wonder is nothing safe from thieves and authorities point to each other when asked who will fix this new mess

BIN THERE, DONE FOR

Motorists say police also to blame for letting miscreants get away with petty theft

I Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) has installed garbage bins at strategic locations on Raj Bhavan Road, Infantry Road, and Dr BR Ambedkar Road to avoid littering on the road. But oddly enough, some of these bins have gone missing, and nobody seems to be particularly concerned.

The garbage bins were installed to ensure that the roads are free from garbage and also to make it easy for pourakarmikas to collect wet as well as dry waste.

The BBMP spent tax-



“ We are assigned to clear garbage from those bins. We have no provision to install new bins. I will inform my superiors about the missing garbage bins

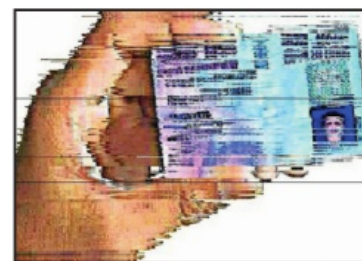
— BSWML assistant engineer

payers' money to install the bins while developing footpaths and roads a few years ago. But fast-forward to now, and not only is there garbage on some of these roads, the bins are nowhere to be seen too.

All these years, miscreants have been getting their hands on covers of street lights junction boxes on various roads in the city. Now, these garbage bins are their targets.

CONTINUED ON PAGE 8 >>

Pay for PAN 2.0: It's a scam



Police issue warnings about new scam tricking people into making payments to update their PAN cards to steal sensitive info

I Atiya Firdos
c-syeda.atiya@timesofindia.com

TWEETS @BangaloreMIRROR

Following the central government's announcement on PAN 2.0 - the new version of PAN card -- law enforcement agencies across various districts have issued warnings about an increase in scams targeting citizens.

Cyber fraudsters are using the update as an opportunity to trick people into making payments to "upgrade" their PAN cards. However, the government has clarified that individuals do not need to take any action, as updated PAN cards will be automatically sent to registered addresses.

Despite this, fraudsters are exploiting the situation to obtain sensitive information from unsuspecting individuals. The Bengaluru City Police, along with other district police departments, are urging citizens to remain vigilant against

CONTINUED ON PAGE 8 >>

 THINGS TO DO
**01 Art showcase**

Gallery Sumukha presents 'Me, Amma, We' by Devu Nenmara and Unnikrishnan C. Where: Gallery Sumukha, BTS Depot Road, Wilson Garden; When: Until January 11, 2025, 10:30 am to 6 pm

02 Party tunes

Social presents 'The Naughty List Bash' Christmas party with Saif Dosani at Bellandur, Sync Slip at JP Nagar, Praveen at Sarjapur, CGM at Koramangala, ANSN at Indiranagar, Kay at Church Street, DJ Kandrive at Whitefield, DJ Yash at Nagavara, DJ Shresht at Hebbal & DJ Tejaz at New Bel Road. Where: Social; When: December 24, 8 pm onwards

03 Festive wonderland

"A Giant of Joy: Santa" at Nexus Koramangala; 'Polar Explorer', an experiential arctic wonderland at Nexus Shantiniketan Mall; 'Jingle Ride' - a unique Christmas Carnival at Nexus Whitefield Mall. Where: Nexus Malls, Bengaluru; When: Until December 31

04 Christmas hampers

Taj West End Bengaluru bring its Christmas hampers—thoughtfully curated with festive treats like handcrafted chocolates, spiced cookies, and indulgent plum cakes, along with an à la carte selection to add a personalized touch to your celebrations. For more information or to place your orders, please contact: 080 - 6660 5660. Where: Taj West End; When: Until January 5, 2025

05 Art & crafts

Meena Bazar: exhibition and sale of arts, handicrafts, and handloom products. With over 100 stalls, the fair provides an opportunity to purchase directly from the artisans. Where: Karnataka Chitrakala Parishath. When: Until December 29, 10 am to 8 pm

06 Improv workshop

Improvise, captivate, and act on the spot! A stage where spontaneity meets creativity, challenging you to deliver impromptu acting brilliance in just two minutes. Where: Small World, Koramangala. When: December 24 to January 5

Christmas cheer radiates throughout Bengaluru

With bustling markets, decors all around from churches to offices, city gears up for festivity; markets see surge in prices of Xmas trees

Sridhar Vivan
sridhar.vivan
@timesofindia.com

TWEETS @sridharvMirror

Bengaluru is all set to embrace the Christmas spirit, with churches across the city adorned for special prayers. Markets are bustling with shoppers purchasing Christmas gifts and decorative items. Bakeries and hotels have begun preparing an array of festive treats, including cakes and chocolates. Churches are being decked out with nativity scenes, Christmas trees, giant stars, lanterns, and beautifully decorated boards depicting the birth of Jesus.

Members of the Christian community are busy preparing their homes for the celebrations. Meanwhile, IT companies, private offices, malls, and shops have installed Christmas trees and Santa Claus figures, complete with twinkling lights, to attract customers.

“Last year, price of a Christmas tree was around Rs 3,500, but this year it has gone up by 20%” — Shop owner

Prominent churches such as St Mary's Basilica in Shivaji Nagar, St Francis Xavier's Cathedral in Frazer Town, East Parade Church on MG Road, St Joseph's Church in Chamarajpet, St John's Church, St Patrick's Church on Brigade Road, and St Andrew's Church in Tasker Town are fully prepared for the festivities.

Moreover, a dedicated Christmas market has sprung up near



Russell Market, while streets like Commercial Street, MG Road, and Gandhi Bazaar are buzzing with sales of decorative items. Shoppers are flocking to buy festive essentials, including Christmas trees priced at Rs 300 onwards, Santa Claus hats at Rs 60, and star lanterns at Rs 250. Special nativity sets are also being sold, featuring miniature huts, hills, and grass mats. According to Santosh, a vendor near Russell Market, the price of nativity sets ranges from Rs 400 to Rs 5,000.

Christmas tree prices surge

Meanwhile, markets have witnessed a noticeable surge in the prices of Christmas trees. "The dollar rate has been steadily climbing, and production costs are also on the rise. Last year, the price of a Christmas tree was around Rs 3,500, but this year it has increased by 20%. Since these trees are not produced in India, the cost of importing them has also gone up," explained a seller.



Another owner highlighted changing consumer preferences. "Pine leaf trees have seen reduced demand this year. Instead, people are more attracted to Christmas trees made from a blend of spruce and pine. Despite the price hike, the demand has remained steady," he said.

Golden opportunity is here: Gold, silver prices dip, may remain low until Jan first week

Gold and silver prices, which had been steadily rising over the past seven to eight months, have seen a significant drop this week, offering relief to buyers and investors. The price of 22-carat gold, which had crossed Rs.7,440 per gram, fell to Rs.7,100 per gram in the city's bullion market on Saturday. Similarly, 24-carat gold, which had touched Rs.8,000 per gram, is now priced at Rs.7,590, marking a reduction of Rs.410. Silver prices also experienced a decline, dropping from Rs.99 per gram to Rs.88.70 per gram.

Despite the offseason for weddings, several jewellery stores are offering additional discounts to boost gold sales. In some outlets, 22-carat gold was sold at Rs.6,999 per gram over the weekend. Experts predict that gold prices may remain low until the first week of January, making it an opportune time for buyers.

Global factors influence trends: Expert

General Secretary of the Karnataka State Jewelers Association Dr B Ramachari explained that global factors



are influencing gold price trends. He noted that gold is considered a safe investment during uncertain times, not only as a decorative asset but also

as a reliable financial reserve during emergencies. The festive break and reduced investment activity during the Christmas season have temporarily lowered demand for gold, contributing to the recent price drop. However, this decline is expected to be short-lived, with prices likely stabilising or increasing after January.

In recent times, stock market investors seeking secure alternatives have shown a growing preference for gold. The earlier surge in gold prices was attributed to high demand coupled with limited supply, and experts

had even predicted that gold prices could reach Rs.10,000 per gram in the coming years.

Looking ahead, Dr Ramachari highlighted the potential impact of policy changes by the United States President-elect Donald Trump, who is set to assume office on January 20. He noted that if taxes are imposed on stock investments, investors may turn to gold, driving up its demand and price. The trajectory of gold prices will largely depend on the new policies introduced by the US administration in the coming months.

— BMB

Home Minister meets top cops to discuss NYE arrangements

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com

TWEETS @BangaloreMirror

In preparation for the upcoming Christmas and New Year celebrations, Home Minister Dr. G Parameshwara has directed the city police to implement strict security measures to prevent any untoward incidents. He emphasised the importance of maintaining law and order while ensuring a safe and enjoyable atmosphere for citizens.

Addressing a meeting with senior police officials at the city police commissioner's office on Monday, Dr. Parameshwara highlighted the need for meticulous planning. He also made it clear that police officers and staff would not be granted leave during the festive period unless in unavoidable circumstances. "If any incidents occur, the respective DCPs, ACPs, and inspectors will be held accountable, and no excuses will be entertained," he warned.

The police have also been instructed to collaborate with BBMP, BMTC,



Church Street is all set to ring in the festivities

BMRC, the Health Department, and the Fire Department to ensure smooth celebrations. Measures to prevent fire accidents, monitor drunk driving and bike stunts, and keep a watch on habitual offenders were also emphasised. Adequate parking arrangements for vehicles have been mandated. Senior officials, including State DGP Alok Mohan, Bengaluru City Police Commissioner B Dayanand, and Additional Commissioner of Police (CCB) Dr. Chandragupta, attended the meeting with DCPs and ACPs from various divisions.

7 lakh revelers likely

Speaking to the media after the meeting, Dr. Parameshwara revealed that approximately seven lakh people are expected to participate in New Year celebrations across the city.

"We have discussed all precautionary measures with the police to ensure that citizens can celebrate Christmas and New Year without any concerns. Special focus has been placed on women's safety, and arrangements for Metro services, Ola, and Uber have been reviewed," he added.

Degrees of separation

Over 50,000 marksheets, degree certificates remain uncollected at Bangalore University

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

For the past three decades, marksheets and degree certificates of candidates who graduated through the Directorate of Distance Education at Bangalore University have been gathering dust in the university's office. These documents, dating from 1991 to 2021 for certificates and from 2003 to 2022 for marksheets, remain uncollected. In total, over 50,000 marksheets and 10,000 degree certificates are still lying unattended at the university. The delay in providing marksheets to candidates within the stipulated time and the lack of follow-up by some graduates with the Directorate of Distance Education have contributed to this issue.

To resolve this, Bangalore University's Directorate of Distance Education has decided to distribute the 50,000 uncollected marksheets. Students can now collect their marksheets by presenting their identity cards and hall tickets at the directorate's office located at the Jnanabharathi campus. In the past, many candidates had visited the directorate multiple times to collect their documents, but many were left without any response. The delay in issuing the marksheets has caused students to lose interest, and many are no longer aware that the documents are now available. To reach out to the candidates, the university is attempting to contact them via their mobile phones to inform them of the availability of their marksheets.

An official said, "The marksheets have been printed and stored for a long time, but students were unaware of their availability. We have now started distributing them. Students who have passed and not yet received



The marksheets have been printed and stored for a long time, but students did not know they were available. We have now started distributing them

—BU official

their marksheets can visit the directorate to collect them."

The Directorate of Distance Education at Bangalore University had been suspended in 2019. However, in 2023, the university received permission from the University Grants Commission (UGC) to offer online courses. Since then, the university has been providing education through online platforms. Previously, only a few universities in the state, including the University of Mysore, Karnataka State Open University (KSOU), Bangalore University, Kuvempu University, Mangalore University, and Dharwad University offered distance education. However, due to limited admissions at KSOU, other universities were restricted from offering such courses. Following BU's "A++" accreditation from the National Board of Accreditation (NAAC), the UGC approved the university to provide education through online platforms.

Krispy Kreme
DOUGHNUTS

100% Veg

MORE

Holiday Magic

Offer Valid At KRISPY KREME Online & Offline Stores.

BUY 8 & GET 4 FREE DOUGHNUTS

25th DECEMBER ONLY
UNTIL STOCKS LAST!

AVAILABLE AT

Koramangala, Indiranagar, HSR Layout, Kamanahalli, Phoenix Mall of Asia, Brigade Orion Mall, Phoenix Market City Mall, Mantri Mall, Nexus Mall Koramangala, Bhartiya Mall of Bengaluru, Jayanagar, Nexus Shantiniketan and other locations near you.

**T&C apply - Offer available at selected locations. Offer not valid at airport stores.*

BSWML finally comes clean: Report on waste plant ready

After 2 years, solid waste agency submits report to National Green Tribunal on measures it has taken

Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

After dilly-dallying for more than two years, Bengaluru Solid Waste Management Limited (BSWML) has submitted a report to the National Green Tribunal (NGT) on measures being taken to control pollution from its Municipal Solid Waste (MSW) plant located near Chikkanagamangala.

BSWML has also requested the court to withdraw a suo-motu case filed against the agency based on a news report published by Bangalore Mirror. Notably, the tribunal had filed the case in September 2022, after BM published a news article on August 18, 2022, highlighting health concerns raised by residents in the area due to the plant.

BSWML has requested NGT to quash the case, stating that bore well water samples of the neighbouring villages have been tested and the parameters are within the permissible limits. However, it has not furnished the water quality analysis report of bore wells for reference.

The residents of Chikkanagamangala, Doddanagamangala, and other villages within a four-kilometre radius of the plant had protested against pollution caused by it, mainly due to leachate transportation.

Following the protest, the Bru-

hat Bengaluru Mahanagara Palike stated that the construction of a leachate treatment plant with a capacity of 50,000 litres is proposed to be completed within a six-month period. However, the recent report filed by BSWML underlines that the plant is still functioning only at 60% of its total capacity, while some leachate is being sent out of Bengaluru for processing.

"The 50,000 litre capacity leachate treatment plant is constructed and it commenced. Every day, 25,000 to 28,000 litres of leachate are treated at the site. The rejected water from the generated leachate treatment

All efforts as being made to follow MSW Rules 2016 and BBMP/BSWML is ready to accept and to implement any suggestions by NGT

— BSWML to NGT

and the remaining leachate are transported to CETP, situated in the Kunigal industrial area of Tumkur district. The spraying and fogging of chemicals for odor and pest control is regularly carried out in surrounding villages and plant premises," said BSWML in its report.

From July 2020 to September 2021, leachate was being sent to the Bangalore Water Supply and Se-



Hundreds of dead fish float up in Chikkanagamangala lake (file photo). Residents of the area had complained that leachate from the Chikkanagamangala MSW Processing Plant was flowing into the lake

warage Board Kadubeesanahalli. A considerable quantity was also sent to agricultural land on farmer's request to use by diluting and so far, around 12,800 MT of process rejects have been sent to farmers to the agricultural lands free of cost.

The officers of the BSWML Chikkanagamangala plant frequently inspect Chikkanagamangala Lake and found there was no flow of lea-

chate into the lake. Around 45,000 to 50,000 litres of leachate are generated every day. "All efforts as being made to follow MSW Rules 2016 and BBMP/BSWML is ready to accept and to implement any further suggestions made from NGT and also to request to withdraw the suo-motu case filed against BBMP/BSWML based on the news published in the newspaper," BSWML told NGT.

Restoration of land cannot be permitted after 12 years: HC

The Karnataka High Court upheld a single judge's order dismissing a petition by original land grantees seeking restoration of property, 12 years after its initial transfer to private individuals.

A division bench comprising Chief Justice NV Anjaria and Justice KV Aravind rejected an appeal by M Manjula and others, heirs of late Lakshmaiah, a Scheduled Caste member who received the land grant in 1981.

The court stated, "...The restoration of the land cannot be permitted after 12 years. The question of laches would come into play; 12 years having passed, it would be unreasonable, unjust, and inequitable, as well as against the law, to grant any relief to the original grantee—the petitioner-appellant—permitting restoration of the land and to treat the transfer of the land taken place long back to be null and void."

The property was transferred through two registered sale deeds dated March 16, 1995, and March

It would be unreasonable, unjust, inequitable, as well as against the law, to grant any relief to the original grantee

— High Court bench

29, 1995, to private respondents. The appellants contested the transfer, initially succeeding before the Assistant Commissioner.

However, the Deputy Commissioner overturned this decision, citing the 11-year gap between the 1995 transfer and the 2007-2008 restoration request as unreasonable. This matter was subsequently brought to the high court.

The bench acknowledged that Section 5 of the Act lacks time restrictions for land resumption. However, a previous ruling in Nekkanti Rama Lakshmi vs State of Karnataka (2020) rejected a 25-year delayed restitution application.



The court noted the 2023 amendment to the Karnataka Scheduled Caste and Scheduled Tribes Act, introducing sub-clauses removing time limitations. The amendment's validity remains under review in a separate petition, which the current judgment does not address.

The court referenced the Gouramma alias Gangamma vs Deputy Commissioner, Haveri case, which supported denying relief for unreasonably delayed applications. The bench elaborated: "Though the principles governing overlap, the delay and laches have the facet in equity. Delay is the genus to which the laches and acquiescence are species.

The jurisprudential concepts of delay, laches, and acquiescence have their own colour and connotation and are conceptually often different from crossing the period of limitation prescribed in the statutory provision.

Limitation binds the litigant in terms of initiating a legal action or filing any proceedings. Laches concedes an element of culpability in allowing time to pass by in commencing the action in law."

The appeal was dismissed, stating, "In light of the above discussion and the position of law that would emerge, in the facts of the case, the restoration of the land cannot be permitted after 12 years."

Section 5 of the Karnataka Scheduled Castes and Scheduled Tribes (Prohibition of Transfer of Certain Lands) Act, 1978 deals with the following: If the granted land of a Scheduled Caste or Scheduled Tribe is transferred without permission, the government will take back the land. — BMB

whatsapp
MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Debris debacle

Hennur



Piles of debris dumped carelessly along the roadside near Hennur Gardens, are an eyesore and also causing inconvenience.

Footpath encroachment

Hampinagar



A footpath and a narrow service road in Hampinagar has been blatantly encroached upon, creating unsafe conditions for pedestrians, especially senior citizens.

Banner mess

Jayanagar 9th Block



Despite a ban on banners, this huge banner is at Jayanagar 9th Block opposite to New Shanthi Upahar is left untouched by authorities.

Traffic police ready AStraM to fix all traffic issues in one app

Atiya Firdos
c-syeda.atiya@timesofindia.com

TWEETS @BangaloreMirror

The Bengaluru Traffic Police are preparing to relaunch the AStraM (Actionable Intelligence for Sustainable Traffic Management) app with enhanced features designed to create a comprehensive platform for motorists. Initially introduced as an incident reporting portal, the app is now undergoing significant updates to include functionalities such as real-time congestion updates, fine payment options, and more.

"The Astram app is currently in the beta testing stage and is expected to be rolled out to users in the next 10 to 15 days. Along with providing extensive information similar to what is available on our website, the app will also include a feature for traffic fine payments," said DCP Traffic East Kuldeep Kumar Jain.

The Astram app has been under

development for several months. During the recent launch of a new traffic police website, officials confirmed that the app would be operational by next month. Once launched, it will integrate all traffic-related services into a single platform, making it easier for the public to access important updates and services.

While the Astram app's enhanced features are eagerly awaited, motorists can currently pay traffic fines through platforms such as Paytm, which has been operational for three years, as well as the KSP app and the official traffic police website. These options ensure multiple avenues for a smooth and convenient payment experience.

"Suggestions from field officers have been incorporated into the app's development to ensure ease of use and clarity for both the public and traffic personnel," noted DCP North Traffic, Siri Gowri. The revamped app aims to centralise all traffic-related information

and services, eliminating confusion and enhancing user experience.

Challenges with digital payment gateways

Despite the strides in adopting digital platforms, the Bengaluru Traffic Police have recently encountered challenges with payment gateways. Two weeks ago, during special enforcement drives, technical glitches in digital payment systems, including Paytm, disrupted fine collection. Payment gateway issues caused delays and inconveniences, highlighting the need for robust digital solutions.

The police are actively addressing these concerns to ensure smoother operations in the future. With platforms like the Astram app under development, the traffic police aim to provide a more reliable and comprehensive digital solution that resolves existing issues and enhances the overall user experience.



'Updated app to include a feature for traffic fine payments too'

'₹7,45,809 is spent daily to process city's waste'

1,160 metric tonnes of waste are processed each day in Bengaluru in 7 BBMP waste processing units

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) spends a staggering ₹7,45,809 every single day to process the city's waste, with 1,160 metric tonnes of waste processed each day in seven units having a cumulative capacity of 1,620 MT. This figure highlights the scale and complexity of managing solid waste in a rapidly growing urban centre.

Waste processing costs across 7 units

For instance, the Chikkanagamangala unit, which handles 275 metric tonnes of waste daily with a capacity to process 350 MT, incurs a daily processing cost of ₹1,80,000. The Doddabidarakallu unit processes 89 MT per day, with a capacity of 150 MT, and its daily processing cost is ₹1,37,439. The Kannahalli unit, which has been converted into a "Waste to Energy" facility, processes 308 MT of waste daily, with a capacity of 350 MT, at a daily processing cost of ₹57,203.

Moreover, in Lingadheeranahalli, 109 MT of waste are processed each day with a capacity of 150 MT, leading to a processing cost of ₹98,167. The Seeghalli unit processes 115 MT of waste daily, with a capacity of 120 MT, and incurs a daily cost of ₹1,16,000.

Subbarayanapalya processes 72 MT of waste daily, with a processing capacity of 150 MT, at a cost of ₹50,000 per day. Lastly, the KCDC unit, which recently upgraded its capacity to 350 MT (with a processing capacity of 192 MT), has a daily processing cost of ₹1,07,000.



File photo of KCDC waste processing unit in Bengaluru

To avoid public inconvenience & congestion caused by waste collection, BBMP has identified "black spots." Waste from these areas is promptly cleared

—DyCM DK Shivakumar

Look into BBMP's waste management system

During a recent reply in the Legislative Council, Deputy Chief Minister DK Shivakumar said, "BBMP operates these seven solid waste processing units, which were established in 2014-15. The project

has been funded by the Karnataka Urban Infrastructure Development and Finance Corporation (KUIDFC), with the government investing ₹323.45 crore in solid waste management under this initiative."

He said that waste management in the BBMP is carried out in a systematic manner. Primary collection vehicles are deployed in each ward according to a micro plan to ensure regular waste collection. For secondary collection and disposal, waste is gathered and sent to transfer stations or compactors for further processing. "The segregated waste is then processed at eight centralised units, 13 biomethanisation units, dry waste collection units, sanitary waste processing units, and landfill sites for disposal." Non-segregated waste, road cleaning waste, and

other inert waste are disposed of at landfill sites.

Additionally, manufacturers producing over 100 kg of waste per day are classified as large waste producers and are required to process their waste at the source. Those who fail to comply with solid waste management rules are penalised, with marshals assigned to enforce these regulations. "To avoid public inconvenience and congestion caused by waste collection, BBMP has identified "black spots" where waste is likely to accumulate. Assistant managers monitor these areas to ensure that waste is promptly cleared. At present, BBMP operates seven processing units, with no disciplinary actions taken against officials so far. Continuous efforts are underway to manage Bengaluru's waste effectively," he added.

Clarification for law students who failed exam

The Karnataka High Court issued a clarification emphasising that students who attended Indian Penal Code (IPC) classes and failed those examinations cannot reasonably be expected to take Bharatiya Nyaya Sanhita (BNS) exams, a subject they were never taught during their course.

Justice Suraj Govindraj delivered this ruling whilst invalidating a Karnataka State Law University (KSLU) notification dated December 6. The notification had proposed conducting supplementary examinations in BNS instead of IPC for the petitioners.

The petitioners argued they never received instruction in BNS, making it impossible for them to sit the examination. The Bench clarified that this change would apply to current and future students studying BNS, not to those who previously studied IPC. Noting previous similar petitions, the court advised KSLU to reconsider its stance and directed to conduct exams in IPC for failed students and repeaters.

—BMB

Man dies by suicide over 'domestic row'

A 47-year-old individual committed suicide over a domestic row on Sunday under the Mahalakshmi police station limits. The deceased have been identified as Somashekar, a businessman who lived with his wife and two children.

According to the police, the victim was in distress over a domestic row, where the relatives alleged that his wife had an affair with a former registrar of Bangalore University. Police believe this could be the reason behind his extreme step. The police, based on the victim's father's complaint, have registered an Unnatural Death Report and further investigations are underway. (If you are having suicidal tendencies, please call Arogya Sahayavani: 104 for help.)

—BMB

Most encroachments in Ghats, but max evictions in Bengaluru

Data shows forest dept focus is in and around city, while it should be more on Canara, Shivamogga, Chikkamagaluru

| Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

Data on forest encroachment and eviction progress in Karnataka shows that while most of the encroachments have taken place in the fragile Western Ghat region, eviction exercises by the Karnataka Forest Department are mostly concentrated in and around Bengaluru.

As of March 2024, the three forest divisions in the state with the highest extent of forest area under encroachment are Shivamogga, Chikkamagaluru, and Canara. The total encroached forest area in Shivamogga division is 83,817 acres, in Chikkamagaluru it is 31,998.66 acres, and in the Canara division 29,881.38 acres have been encroached. However, the eviction progress in these regions has been painfully slow.

Between April and September 2024, while eviction was carried out on 570 acres in Shivamogga, less than 125 acres were freed from encroachment in Chikkamagaluru. In the Canara division, no eviction has happened this year.

This year, the department has carried out evictions on 1,300 acres of forest area across the state, with nearly 50% of the evictions happening in and around Bengaluru.

"It is a lapse on the part of forest



The total encroached forest area in Shivamogga division is 83,817 acres while it is 31,998.66 acres in Chikkamagaluru

department officials. Shivamogga, Chikkamagaluru, and Canara divisions are areas with high encroachment and should be given priority due to their location. However, eviction progress is low due to a lack of action against erring officials. There is no accountability and thus officials are not fearful of the law. If evictions are happening successfully in the Bengaluru division despite a challenging environment, it is difficult to understand slow progress in Western Ghat divisions," said a conservationist. Up until March 2024, the total forest area under encroachment in Bengaluru circle is 20,050.64 acres. However, between April and September this year, eviction has taken place from more than 600 acres of forest land.

Experts say a high-level probe is needed on how many meetings have been conducted by district and state-level committees formulated to look

“ While fresh encroachments are happening across the state, eviction is slow and plantation activities are making quick progress

— City-based expert

into forest encroachment cases. As per directions issued by the Ministry of Environment, Forest and Climate Change (MoEF&CC) in 2002, a committee should be formed at the forest circle level to look into forest encroachment cases.

As per the order, the committee under the chairmanship of the conservator of the forest should meet every quarter to take effective steps for the eviction of encroachers from forest land. It is also supposed to submit a quarterly report to the govern-

ment on eviction progress.

"Both state and district-level committees should meet once every three months to look into the status of encroachment of forest land. It will be interesting to investigate if these committees in Karnataka are meeting regularly and ensuring that evictions from forest land are happening regularly," said an expert.

Misplaced priorities, such as plantation activities, are another factor leading to a shift in focus away from encroachment cases. "While fresh encroachments are happening across the state, eviction is slow and plantation activities are making quick progress. Even if the department has to carry out plantation, the focus should be shifted from plantation to eviction in the Western Ghat region. While a lot of money is being spent on plantation activity, the forest cover has dropped in the state," said the conservationist.

2,400 tonnes debris cleared from Elipura flyover median

| Iffath Fathima
iffath.fathima@timesofindia.com

TWEETS @BangaloreMIRROR

An initiative to enhance safety, walkability, and bus reliability along a 7.5-kilometre stretch of the Inner Ring Road between Indiranagar and Koramangala is beginning to show results. This important route, which connects residential neighbourhoods, offices, schools, hospitals, and places of worship, has long suffered from poor pedestrian infrastructure, garbage dumping, and debris accumulation.

Under the B.MOBILE programme, the Bangalore Political Action Committee (B.PAC) has been working for over a year to address these issues in collaboration with the Bruhat Bengaluru Mahanagara Palike (BBMP) and other stakeholders.

One of the key milestones achieved is the clean-up of the Elipura flyover median and the defence land boundary. After two months of efforts, the initiative has resulted in the removal of 93 auto-tipper loads of garbage, totalling 46.5 tonnes, and the clearing of 96 truckloads of construction debris, amounting to 2,400 tonnes. Five trailers of construction

“ Pedestrian walkability and lighting need to be better

— Revathy Ashok, B.PAC

barricades, totalling 130 in number and, crash barricades are being placed along the median to enhance safety.

The Elipura signal area has also seen improvements regarding pedestrian access and lighting. The initiative has led to the creation of a one-metre temporary walkway to the Elipura bus stop. Installation of 10 temporary lights along a 200-metre stretch will illuminate a patch that had been dark for years. Regular cleaning of garbage by BBMP marshals and pourakarmikas will also be carried on diligently.

Despite these strides, much remains to be done. Revathy Ashok, managing trustee and CEO of B.PAC, called for faster progress on clearing debris and enhancing pedestrian infrastructure. "40% of debris is cleared as a result of our persistent efforts but the pace of debris clearing has to improve. Pedestrian walkability and lighting are basic facilities that need to be enhanced," she said. Citizens are urged to do their part too; residents can call 1533 for concerns regarding household waste collection.



BM Trippin' Tales

Gokarna's beaches are beautiful, but lethal too

| Sridhar Vivan
sridhar.vivan@timesofindia.com

TWEETS @sridharvMirror

Gokarna has gained recognition due to its Om Beach, which is a popular destination for tourists. Additionally, it is famous for housing the Mahabaleshwar temple, a significant religious site. However, a worrying trend has emerged, with 28 tourists losing their lives in the past five years due to drowning in the sea. Despite numerous lives being saved by lifeguards, the situation remains concerning. The coastline, including Om Beach, Kudle Beach, and Paradise Beach, has long been a paradise for tourists. However, many tourists, unfamiliar with the sea, have tragi-

Number of tourist deaths per year:

2024: 4 (so far)	2022: 4
2023: 5	2021: 8
	2020: 7

cally lost their lives while swimming. Since the 2019 lockdown, foreign tourists have stopped visiting the area altogether, but the issue persists even with domestic visitors.

Recently, two tourists who came to Gokarna with a group of eight drowned, and their bodies were recovered from the sea. This highlights the dangers of swimming in the sea without proper knowledge. With the influx of domestic tourists, the situation has become more



alarming. Several tourists staying in hotels have ventured into the water to swim, only to be caught in strong waves, with some saved by lifeguards while others have been found dead. The local tourism department has employed lifeguards at major beaches like Om Beach and Kudle Beach, but despite these measures, over 100

people's lives are still at risk each year. Officials said that it is crucial for tourists visiting Gokarna to first understand the depth and breadth of the sea before venturing in. Losing a life while vacationing not only causes irreparable harm to the family but also tarnishes the reputation of the destination.



5 TIPS FOR 5 TABLE

How to stop stress eating during the holidays



The holiday season can be a time of joy, celebration, and indulgence in delicious foods and meals. However, for many, it can also be an emotional and stressful period.

This stress can manifest in our eating habits, leading to what is known as emotional or stress eating.

There are certain foods we tend to eat more of when we're stressed, and these can affect our health. What's more, our food choices can influence our stress levels and make us feel worse. Here's how.

Why we might eat more when stressed

The human stress response is a complex signalling network across the body and brain. Our nervous system then responds to physical and psychological events to maintain our health. Our stress response – which can be subtle or trigger a fight-or-flight response – is essential and part of daily life.

The stress response increases production of the hormones cortisol and insulin and the release of glucose (blood sugars) and brain chemicals to meet demand. Eating when we experience stress is a normal behaviour to meet a spike in energy needs.

But sometimes our relationship with food becomes strained in response to different types of stress. We might attach shame or guilt to overeating. And anxiety or insecurity can mean some people under-eat in stressful times.

Over time, people can start to associate eating with negative emotions – such as anger, sadness, fear or worry. This link can create behavioural cycles of emotional eating. “Emotional eaters” may go on to develop altered brain responses to the sight or smell of food.

What stress eating can do to the body

Stress eating can include binge eating, grazing, eating late at night, eating quickly or eating past the feeling of fullness. It can also involve craving or eating foods we don't normally choose. For example, stressed people often reach for ultra-processed foods. While eating these foods is not necessarily a sign of stress, having them can activate the reward system in our brain to alleviate stress and create a pattern.

Short-term stress eating, such as across the holiday period, can lead to symptoms such as acid reflux and poor sleep – particularly when combined with drinking alcohol.

In the longer term, stress eating can lead to weight gain and obesity, increasing the risks of cancer, heart diseases and diabetes.

While stress eating may help reduce stress in the moment, long-term stress eating is linked with an increase in depressive symptoms and poor mental health.

What we eat can make us more or less stressed

The foods we choose can also influence our stress levels.

Diets high in refined carbohydrates and sugar (such as sugary drinks, sweets, crackers, cakes and most chocolates) can make blood sugar levels spike and then crash.

Diets high in unhealthy saturated and trans fats (processed foods, animal fats and commercially fried foods) can increase inflammatory responses.

Rapid changes in blood sugar and inflammation can increase anxiety and can change our mood.

Meanwhile, certain foods can improve the balance of neurotransmitters in the brain that regulate stress and mood.

Omega-3 fatty acids, found in fish and flaxseeds, are known to reduce inflammation and support brain health. Magnesium, found in leafy greens and nuts, helps

regulate cortisol levels and the body's stress response.

Vitamin Bs, found in whole grains, nuts, seeds, beans and animal products (mostly B12), help maintain a healthy nervous system and energy metabolism, improving mood and cognitive performance.

5 tips for the holiday table and beyond

Food is a big part of the festive season, and treating yourself to delicious treats can be part of the fun. Here are some tips for enjoying festive foods, while avoiding stress eating:

1. slow down: be mindful about the speed of your eating. Slow down, chew food well and put down your utensils after each bite
2. watch the clock: even if you're eating more food than you normally would, sticking to the same timing of eating can help maintain your body's response to the food. If you normally have an eight-hour eating window (the time between your first meal and last meal of the day) then stick to this even if you're eating more
3. continue other health behaviours: even if we are eating more food or different food during the festive season, try to keep up other healthy behaviours, such as sleep and exercise
4. stay hydrated: make sure to drink plenty of fluids, especially water. This helps our body function and can help with feelings of hunger. When our brain gets the message something has entered the stomach (what we drink) this can provide a temporary reduction in feelings of hunger
5. don't restrict: if we have a big day of eating, it can be tempting to restrict eating in the days before or after. But it is never a good idea to overly constrain food intake. It can lead to more overeating and worsen stress.

Plus 3 bonus tips to manage holiday stress

1. shift your thinking: try reframing festive stress. Instead of viewing it as “something bad”, see it as “providing the energy” to reach your goals, such as a family gathering or present shopping
2. be kind to yourself and others: practise an act of compassion for someone else or try talking to yourself as you would a friend. These actions can stimulate our brains and improve wellbeing
3. do something enjoyable: being absorbed in enjoyable activities – such as crafting, movement or even breathing exercises – can help our brains and bodies to return to a more relaxed state, feel steady and connected.

(By *Saman Khalesi, Charlotte Gupta and Talitha Best, CQ University Australia, The Conversation*)



All you need to know about...

Coffee, tea perks

Reduces risk of cancer

Consumption of coffee and tea can lower the risks of developing head and neck cancer, including cancers of the mouth and throat, claimed a study on Monday.

Head & neck cancer

Head and neck cancer is the seventh most common cancer worldwide, and rates are rising in low- and middle-income countries.

How many cups?

The findings, based on an analysis of data from 14 studies, showed that compared with non-coffee-drinkers, individuals who drank more than 4 cups of caffeinated coffee daily had 17 per cent lower odds of having head and neck cancer overall. It also led to a 30 per cent lower risk of having cancer of the oral cavity, and 22 per cent lower odds of having throat cancer. Drinking 3-4 cups of caffeinated coffee was linked with a 41 per cent lower risk of having hypopharyngeal cancer -- a type of cancer at the bottom of the throat), revealed the study published in the peer-reviewed **CANCER journal**.

Complex habits

“While there has been prior research on coffee and tea consumption and reduced risk of cancer, this study highlighted their varying effects with different subsites of head and neck cancer, including the observation that even decaffeinated coffee had some positive impact,” said senior author Yuan-Chin Amy Lee, from Huntsman Cancer Institute and the University of Utah School of Medicine.

“Coffee and tea habits are fairly complex, and these findings support the need for more data and further studies around the impact that coffee and tea can have on reducing cancer risk.” The team examined data from 14 studies by different scientists and pooled information on 9,548 patients with head and neck cancer. —**IANs**

Case of missing trash cans

CONTINUED FROM PAGE 1



Some motorists and activists expressed concern about the missing garbage bins on these roads. They said that people could now throw garbage on the road with this excuse at the ready.

"It is shocking and amusing too to see that garbage bins have gone missing. It seems that nothing is immune to stealing in the city. I don't understand what could be the purpose of stealing or removing garbage bins from these roads," said Paramesh N, an auto rickshaw driver.

Expressing shock over the missing garbage bins on important roads in the Central Business District (CBD) area, Yatish M, a resident of Rajajinagar, said the BBMP officials have failed to monitor the bins. "Some miscreants removed the garbage bins. The BBMP authorities should have kept a vigil on such miscreants who are not sparing even garbage bins. At least now they can restore the bins to prevent garbage dumping on these roads. They should also take measures to prevent thieves or miscreants from taking the bins in future," Yatish said.

Blaming the jurisdictional police for

failing to keep a vigil on miscreants and petty thieves, Nanjundaswamy N, a motorist, said that steel stands without garbage bins have become an eyesore for motorists and pedestrians. "It is quite amusing to see garbage bins missing from these busy roads. The BBMP authorities have to install new bins without any delay. There are some lazy people who prefer to throw garbage on the road instead of dumping it into the bins. The absence of bins will further encourage such people to dump garbage on the road," said Nanjundaswamy.

A motorist, on the condition of anonymity, said that thieves or miscreants are laying their hands on everything and getting away without any punishment. "It may not be a tough job for police to nab those miscreants responsible for the missing garbage bins but the police are not interested. The higher police officers must direct their subordinates to end this menace," the motorist said.

Meanwhile, BBMP Assistant Executive Engineer (Road Infrastructure) Swetha said the maintenance of garbage bins is the responsibility of Bengaluru Solid Waste Management Limited.

When contacted, Bengaluru Solid Waste Management Limited assistant engineer Abhilash said that installing new garbage bins is not his responsibility. "We are assigned to clear garbage from those bins. We have no provision to install new bins. I will inform my superiors about the missing garbage bins," he said.



Waiting for unveiling

A covered-up 25-foot bronze statue of Goddess Bhuvaneswari at the Vidhana Soudha premises on Monday

New trick up fraudsters' sleeves

CONTINUED FROM PAGE 1

fraudulent calls, messages, and emails claiming to facilitate PAN updates.

These scams often involve requests for personal details, OTPs, or KYC verification via unauthorised platforms, resulting in financial fraud or identity theft.

Stay alert

Chetan Anand, a National Cyber Security Scholar and Cyber Crime Intervention Officer, warns about the rise in scams linked to the introduction of PAN 2.0. Fraudsters are using calls and messages to trick individuals into paying for PAN updates, often directing them to malicious websites or causing malware installation through suspicious links.

"Scams are being carried out through calls and messages, asking victims to pay money to update

their PAN. It's crucial to avoid sharing OTPs, passwords, or personal information and refrain from clicking on unverified links. Fraudsters are also setting up bogus websites to exploit the situation and deceive people," he told BM.

Wedding invitation scam

With the wedding season underway, cybercriminals are also targeting users with fake digital wedding invitations via WhatsApp, the city police have warned. These invitations contain hidden links leading to malicious websites or APK files that install malware, stealing sensitive data like banking credentials.

Attackers are also distributing these harmful APK files through emails, bypassing standard security checks and exposing devices to hacking.

What is APK

According to cyber experts, APK

stands for Android Package Kit. It is a package file format used by the Android operating system for distributing and installing mobile apps, which can also be used by cybercriminals to steal sensitive, personal and financial information.

Upon installation, such a malicious file contains hidden links which redirect to untrusted websites that could install malware and begin to monitor and capture information, such as passwords, personal messages and financial information.

The police have urged citizens to avoid clicking on suspicious links or downloading unfamiliar files. In a post on their X handle, they advised, "Beware of fake wedding invitations on WhatsApp. These may contain malicious APK files compromising your security. Verify before you click and stay safe."

Your Connect

GALLERIA

personal

CHANGE OF NAME

I, Arathi Basanth, holder of passport no- N0768804 with permanent address at Jain Intl Residential School, Kanakpura Main Road, Jakkasandra Post, Ramanagar-562112, Karnataka, India do hereby change the name of my minor child RISHI holding passport number no- U0381466 issued at Dubai on 08/11/2020 from RISHI to RISHI (Given Name) BASANTH (Surname) with immediate effect

I, Hameed Ulla Khan Amanulla Khan S/O, Hakim Aman Ulla Khan R/o No 170/1 Vinayaka Nagar, Singapura Main Road, Vidyaranyapura Bangalore 560097 have changed my name to Hameed Ulla Khan.

I, Nasir Chaudhary S/O, Hassan Ali R/o No 59/3 Swasthi Main Road Shanthinagar Bengaluru - 560027 have changed my name to Nasirali Hassanali Chaudhary.

I, Fahad R/o No.189/1, Masjid road, Parvathi Nagar, Attibele, Anekal Tq, Bengaluru 562107 have changed my name to Fahad Nayaz Affidavit Dt.23/12/2024 notary Harisha G. B'luru

I, Sowmya Prakash Kumar R/O No 931, Joseph Nagar, 1st cross, Shivmoga-577201. I changed my name from Sowmya.A to Sowmya Prakash Kumar for all future purposes.

Nirmala Travels® Presents
Ph: 0824 2497051/54, 9663518877/28877, 9686687771/3/4
visit us @ www.nirmalatravels.com
TRICHY RAMESHWARAM KANYAKUMARI 5/7*/10 DAYS**
Dec: 25*, 26, 29* Jan: 6, 11, 12*, 16, 16**, 19*, 21, 26, 26*
KERALA SPECIAL 7 DAYS Dec: 25, Jan: 5, 12, 19, 26
SHIRDI NASIK*/PANCHAJYOTIRLINGA 7 DAYS
Dec: 28* Jan: 5* 6, 12*, 13, 19*, 20, 26*, 27
ANDHRA PRADESH/HYDERABAD* 10/6* DAYS
Dec: 25, Jan: 1, 5* 5, 12*, 11, 19*, 21, 26*
GOA SPECIAL*/NAVAGRAHA 5*/4 DAYS Dec: 25* Jan: 6, 13
SOUTH INDIA 11 DAYS EX: HUBLI Jan: 15, 26
COORG/CHIKMAGALUR 3 DAYS Jan: 3, 10, 17, 24

Nirmala Travels® Presents
Ph: 0824 2497051/54, 9448383107 / 9481955830
visit us @ www.nirmalatravels.com
LUXURY A/C 36 SEATER COACHES FOR HIRE



Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

1,060 cases booked in special traffic drive

The Bengaluru Traffic Police conducted a special drive on Monday targeting specific traffic violations and the enforcement drive resulted in 1,060 cases being booked and a total fine collection of ₹5,35,000.

The violations included 455 cases of vehicles entering 'No Entry' zones, leading to fines of ₹2,31,000. Additionally, 390 cases were booked for driving against one-way traffic, with fines amounting to ₹1,95,500. Triple riding violations accounted for 54 cases, leading to fines of ₹27,000. Riding on footpaths resulted in 59 cases with ₹29,500 collected, while footpath parking violations saw 102 cases booked, resulting in ₹52,000 in fines.

The traffic police stress that such drives aim to ensure safer roads and stricter enforcement of traffic rules across the city.

— BMB

Digital arrest costs man Rs 11 crore

The Northeast Division Cyber Crime Police have registered a case against individuals who, posing as TRAI officials, duped a city resident of ₹11.8 crore under the pretext of investigating alleged money laundering.

The victim from GKVK Layout, was reportedly threatened with fake charges and held under "digital arrest" for a month. The fraudsters, claiming to be from TRAI, alleged that his SIM card was linked to illegal activities and that a bank account opened using his Aadhaar was used to launder ₹6 crore.

The accused coerced him into providing access to his nine bank accounts, transferring ₹11.83 crore between November 11 and December 12. A case has been registered under the IT Act and for cheating and impersonation, with further investigations underway.

— BMB

'Won't forgive'

Vowing to continue her legal fight against BJP MLC C T Ravi over his alleged use of derogatory remarks against her in the Legislative Council hall, Minister Laxmi Hebbalkar said there is no question of forgiving him. Hitting back, the BJP leader said he doesn't need her forgiveness.

The Minister also said she would seek the intervention of Prime Minister Narendra Modi and write to President Droupadi Murmu.

This comes even as the Legislative Council chairman Basavaraj Horatti stated that the conversation between Hebbalkar and Ravi in the council hall on December 19 was not recorded.

— PTI

Can fasting for 3 days shield you from rabies after a dog bite?

CLAIM: Fasting for three days after a dog bite enables the body to produce antibodies against rabies.

FACT: A 3-day fast cannot protect against rabies; only timely vaccination can prevent the deadly disease.

If a dog bites you, you shouldn't go for any vaccine and instead keep a fast for three days. The body will naturally produce antibodies against rabies, claims a Youtube video.

"There are no antibodies in any vaccine in the world. It is your body that produces antibodies. Vaccines contain the same virus that the dog transfers during the bite," says the alleged health expert interviewed by two influencers.

"If a dog bites you, it doesn't matter whether the dog has rabies or not. This whole vaccine business is driven by fear. Instead of taking a vaccine, fast for three days. Consume fruits, coconut water, juices, turmeric water, curry leaves, giloy decoction, and salads. Avoid solid food completely during this time. Your body will naturally create antibodies," he adds.

What is the fact?

Doctors say fasting is no treatment for rabies. When contacted, Dr Salim Khan, Head of Department Community Medicine Government Medical College Srinagar termed the claim that fasting can be a cure for dog bite as "irrational management."

"There's no scientific reasoning for such irrational management," Dr Khan told First Check. "It's essential to follow the standard vaccination regimen immediately after any animal exposure including dog bites."

The Indian Academy of Pediatrics guidelines also do not mention fasting as treatment for animal bite. "96% of the rabies reported are from dogs in our country. Even though chances of getting rabies from a bite of a rabid dog is less than 50 percent, it is 100 percent lethal," the guidelines reveal.

"In every case of animal bite, whether it is provoked or not, one should wash with soap and running water for 10-15 minutes which will remove 90% of the virus. Wounds should be cleaned thoroughly with povidone-iodine, if available," read the guidelines.

The guidelines prescribe four doses of vaccination



with anti-rabies vaccine on day 0 (day of bite), Day 3, Day 7 and between Day 14-28.

The vaccination is available at all government hospitals and private hospitals.

"In case of 'category 3' bite which is any bite with bleeding, rabies immunoglobulin (RIG)/monoclonal antibodies need to be infiltrated into the wound site at the earliest. This is maximally infiltrated locally around the wound. If the site of bite is such that infiltration is not possible, then RIG/monoclonal antibody may be given at a nearest site, where injecting it is possible," say the guidelines.

Rabies immune globulin (RIG) is a blood product that contains antibodies to the rabies virus and is used



to prevent rabies infection after exposure to the virus. Monoclonal antibodies (mAbs) are laboratory-produced molecules that can be used to treat rabies.

The virus, according to guidelines, usually multiplies locally in the muscle fibers and then enters the peripheral nerves and brain. By local injection with RIG/monoclonal antibody, which has an immediate action, this spread is prevented.

The guidelines caution against application of turmeric, chili powder, lime, soil, salt, plant juice or oil over the wound from any animal bite. Covering the wound with dressings or bandages is also discouraged. "Suturing, which facilitates further inoculation of rabies virus, should be avoided but, if necessary, can put a loose suture for approximation after giving the rabies immunoglobulin (RIG) With proper wound management itself, 90% of the virus can be eliminated," say the guidelines.

The story was originally published by First Check (<https://firstcheck.in/fact-check-can-fasting-for-3-days-shield-you-from-rabies-after-a-dog-bite/>) and republished by Bangalore Mirror as part of the Shakti Collective.

-First Check

Karnataka climbs to top of plastic heap

With 5.7 lakh tonnes per annum, state generates 13.53% of total plastic waste now; plastic items are still in use despite ban: CPCB report

Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

Karnataka is the country's biggest plastic waste generator, noted the Central Pollution Control Board (CPCB) in its recent report. According to the CPCB, the state generates 13.53% of the total plastic waste, followed by Telangana and Tamil Nadu.

Karnataka's estimated plastic waste generation in 2020-21 was 9% of the total waste generated in the country and was estimated to be a little over 3.68 lakh tonnes per annum. The CPCB's latest report now puts it at 5.27 lakh tonnes per annum, an increase of over 43%.

Plastic in use despite ban

The plastic waste generation and percentage contribution of the state have gone up despite CPCB's ban on 19 single-use plastic (SUP) items that was imposed on July 1, 2022. Organisations volunteering towards reducing plastic pollution say the



Plastic waste at a landfill on the outskirts of Bengaluru in November this year

banned items are seen everywhere. Experts say that lack of enforcement and awareness about banned items among vendors and the public is the reason behind the high influx of plastic, leading to large amounts of plastic waste. "An important point is that people do not anymore know what is banned, so you see silver plates, pouches, etc freely used by otherwise law-abiding citizens."

Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group, said, "There is too much plastic in the system. The year 2019 was when the plastic ban movement in Karnataka and Bengaluru was at its peak and we were successful in convincing vendors and the public to stop using plastic items. However, the situation is back to square one." Up until 2019, peo-

ple were more aware of banned items. However, a higher transient population, for instance in Bengaluru, has led to a gap in awareness, he said, adding, "Awareness also comes from enforcement, which is missing from the scene."

He further said that while volunteers are implementing a bottom-up approach, spending hours each week on initiatives to ease out plastic, they are unable to answer the question from customers why these items are in circulation. "If it is banned, it should not be freely flowing into the system. We are unable to decipher this aspect. To bring down this influx of plastic, manufacturing units should be shut and wholesale vendors stocking banned items should be raided. The inflow needs to be stopped," he added.

ON PUBLIC DEMAND WE ARE BACK AGAIN

2 DAYS ONLY 28th DECEMBER 29th DECEMBER

2 SHOWS 4pm & 7pm 3 SHOWS 12.15pm, 4pm & 7pm

WORLD FAMOUS MAGICIAN

P.C. SORCAR

& His Branded MAGIC SHOW

POURUSH

Venue: TOWN HALL A/C (J.C. ROAD)

FOR TICKETS: 96064 34 666 bookmyshow district insider.in

KALAPU S THARU PRESENTS V CREATIONS

IN CINEMAS TOMORROW

KICHKA SUDDEPA IN

MAX

VIJAY KARTIKEYA

KANNADA | TAMIL | TELUGU | HINDI | MALAYALAM

ENTIRE KARNATAKA KRG STUDIOS

NARTAKI

PRASANNA MAGADI ROAD | LAKSHMI TAVAREKERE | SIDDHALINGESHWARA J.P. NAGAR | VENKATESHWARA KENGERI | CHANDRODAYA VIDYAPEETA CIRCLE | MARUTI RAJGOPALNAGAR | RAJ MURALI KODIGEHALLI | VENKATESHWARA GOLLARAHATTI | VR CINEMAS MALLATHAHALLI | GANESH YELAHANKA | 6 other cinemas

PVR INOX

REX | NEXUS | ORION | VAISHNAVI | VEGA CITY | GT REGALIA | MARKET CITY | AURA | BHARTIYA | SPIRIT

cinemaps

UPTOWN | GLOBAL | FALCON CITY | MANTRI | LIDO | CENTRAL | GARUDA | RMZ

KIN CINEMAS

SEEGENALI

CINEPHILE

HSR LAYOUT

NEW FANTASY

MIRAJ

SUNKARATTE

தமிழ் மனசு

Bharath Maa

TVK

NANBANE

S.P. BALASUBRAMANIAM

SPB.CHARAN

Geethanjali

YUGENDRAN

MALAYSIA VASUDEVAN

TOMORROW (CHRISTMAS) 6.05 PM @ CHOWDIAH MEMORIAL HALL A/C, BENGALURU

Aachi

BOKULAM

MEDIMIX

TICKETS @HALL 98841 52200 www.bookmyshow.com

22nd Dec. 2024 - 05th Jan. 2025

RAMBO CIRCUS

AWARD WINNING LEO RINGE SHOW

BOOK YOUR TICKETS NOW

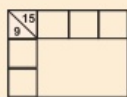
book my show | 8306430643

ST. JOHN'S AUDITORIUM

OPP BDA COMPLEX, GATE NO.5, KORAMANGALA

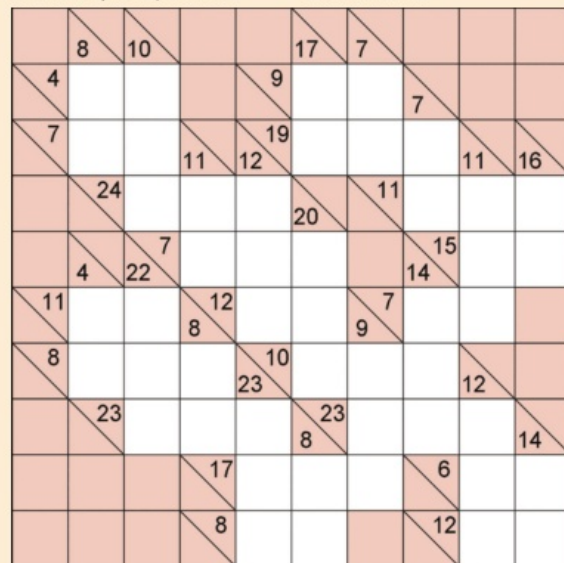
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

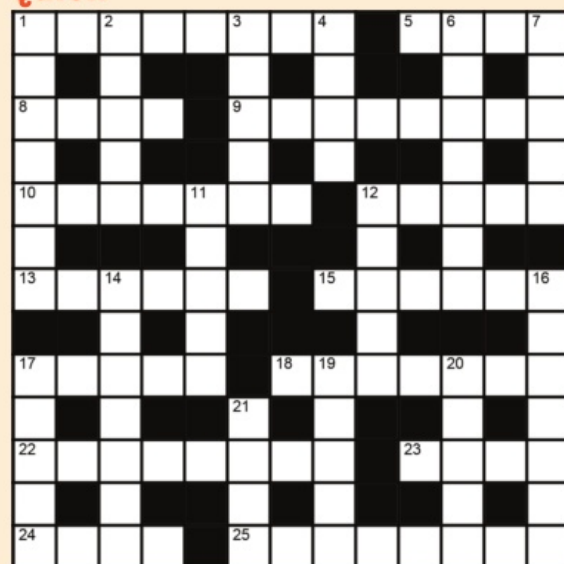


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 More expensive (8)
- 5 Chamaraajpet has a church dedicated to this saint (4)
- 8 Secluded corner (4)
- 9 Becomes happy or ecstatic (8)
- 10 Grows larger (7)
- 12 Discovered (5)
- 13 Periods of darkness (6)
- 15 Ring under a nut (6)
- 17 Foyer (5)
- 18 Ms Dixit of Bollywood (7)
- 22 Occur simultaneously (8)
- 23 Of local origin locally (4)
- 24 Divulged (4)
- 25 Supports or certifies (8)

DOWN

- 1 School eatery (7)
- 2 Spy (5)
- 3 Owing money? (2,3)
- 4 Indian monarch or king (4)
- 6 Ill-mannered or rude (7)
- 7 Alleviated (5)
- 11 Crazy or slightly eccentric (5)
- 12 Scam (5)
- 14 One of the archangels (7)
- 16 Dried grapes (7)
- 17 Permitted or legal (5)
- 19 Correct (5)
- 20 Consumers (5)
- 21 Trig. ratio (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS T
IDMUPBD XBPJUPM CVKGPB
JKG CVKGPB OM UQP YJMOM
VN IJK'M GPMOBP UV LKGPB-
MUJJK.



Linemaro

I have had a really bad day and it always makes me feel better to see a pretty girl smile. So, would you smile for me?



Mindchow

He who is in love with himself has at least this advantage, he won't encounter many rivals



Joke of the day

I bought a secondhand time machine next Tuesday. They don't make them like they are going to any more

Loop

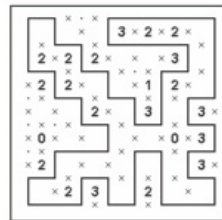
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

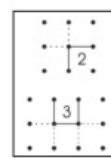
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

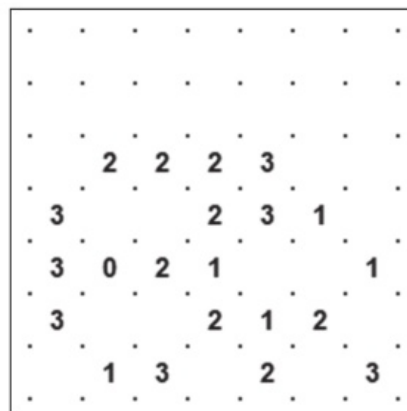
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



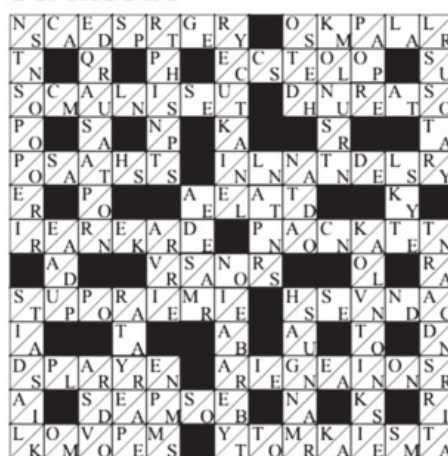
(Fig A)



(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

- 1 Paces; 6 Realm;
- 7 RA Bum; 8 Peens;
- 9 Gores

DOWN

- 1 Lungs; 2 Comae;
- 3 Bream; 4 Preps;
- 5 Saree

Mensapuzzle

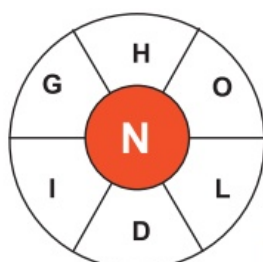
Which letter replaces the question mark and completes the grid?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding



SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 10

1 2 4 9

Medium

□ □ □ □ □ = 2

1 2 4 7

Hard

□ □ □ □ □ = 11

2 4 9 4

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Thumb is moved. 2. Paper is longer. 3. Fingers are not showing. 4. Drawer is added. 5. Woman is taller. 6. Picture is reversed.

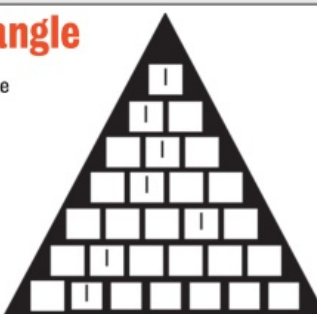
Riddler

Peppino bought a new hat and Tito asked what day he bought it. Peppino replied, "If yesterday was tomorrow, today would be Tuesday." On what day did Peppino buy his hat?

Alpha triangle

- 1 Pronoun
- 2 Stephen King movie
- 3 Bind
- 4 Food regimen
- 5 Malodorous
- 6 Talented
- 7 Restless

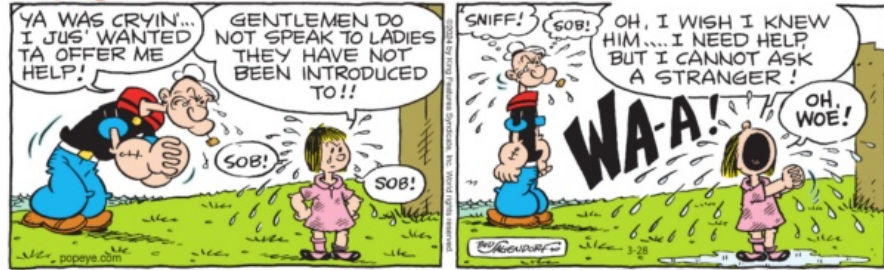
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Popeye



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today is favourable for your work. You are likely to perform well, and your boss may entrust you with new responsibilities, possibly leading to promotions. Disputes with your partner may be resolved. You might consider lending money to invest in assets and planning for your children's future. Improved health for your kids adds positivity to the day.



Leo Jul 24 - Aug 23

With divine blessings, you'll gain control over indecisiveness. Improved health for your children and supportive colleagues will lead to project success. Incentives or rewards with your salary might come your way. Those in dairy, water projects, grains, homemaking, art, or culture will perform well today.



Sagittarius Nov 23 - Dec 22

Family gatherings and re-establishing networks will bring joy today and offer benefits in the near future. Those in glamour, art, fashion, film, or media might explore new professional ventures. Students will excel in their studies, and lovebirds will enjoy happy moments together.



Taurus Apr 21 - May 20

Today, blessings from the moon bring harmony. Love is in the air, and singles may find a suitable match. Professionally, you will excel, with support from friends and subordinates. Investments in gems and jewellery may yield positive gains soon. However, keep an eye on the health of elders in your family.



Virgo Aug 24 - Sep 23

You may consider migrating or changing your job today. Think carefully before making relocation decisions. Peace of mind will prevail, but concerns about your children's health might weigh on you. Avoid speculative investments. Lovebirds are advised to exercise patience before making significant marriage decisions.



Capricorn Dec 23 - Jan 20

Work commitments will dominate your day, potentially leaving you mentally exhausted and affecting your routine. Building overseas networks is on the cards, but exercise caution with investments. Job seekers may find opportunities for promotion.



Gemini May 21 - Jun 21

Today may bring happiness to you due to a favourable planetary alignment. Your energy and positivity will enhance your prestige among peers. You may spend time enriching yourself with intellectual pursuits.



Libra Sep 24 - Oct 22

Today, patience will be your strength. Meditation can enhance focus, helping you accelerate your projects. Subordinates will offer their support, enabling you to meet deadlines. Short work-related travels may arise, and an influential individual might help expand your network.



Aquarius Jan 21 - Feb 19

Today, situations may stabilise. Past investments may bring gains, and your hard work could be rewarded. Stalled projects are likely to resume. You might plan a peaceful religious journey or make charitable donations to a worthy cause.



Cancer Jun 22 - July 23

The day might start on a dull note, but positivity will return by late evening. New connections at work could help you revamp business plans. However, exercise caution and carefully read documents before signing them.



Scorpio Oct 23 - Nov 22

Today, family gatherings and social events will keep you busy. Your politeness and charm will boost your reputation. You might spend money on artefacts or household items to enhance your social status. Good news from a relative may brighten your day.



Pisces Feb 20 - Mar 20

Today, the moon's unfavourable position may affect your health. Losses in business or past investments are possible, so avoid making new investments. Gains might turn into losses, and it's best to avoid controversies to prevent negativity.



KIDZONE



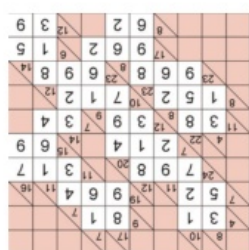
BR Vishal, Bengaluru



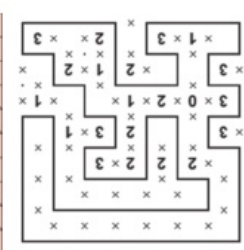
Akshaya K, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

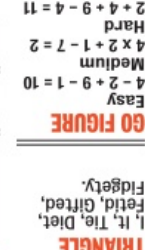
SOLUTIONS



KAKURO



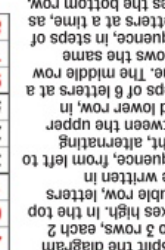
LOOP



ALPHA



SUDOKU



MENSA PUZZLE



QUICK

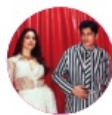


STRIKE OUT



BULLS & COWS

IM



Holiday fun— Tamannaah Bhatia and Vijay Varma are enjoying a getaway in Goa. On Monday, the actress shared clips from the trip where they can be seen playing a video game with their friends

Meet, but no taking pics



In recent years, many Bollywood celebrities have adopted a strict policy of keeping their children away from the curious eyes of the paparazzi. This trend reflects a growing desire among stars to protect their kids' privacy while navigating the challenges of fame. Now, Ranveer Singh and Deepika Padukone also requested photographers not to take photos of their daughter.

Our photographer revealed, "Ranveer Singh invited a few photographers to his building's clubhouse to celebrate the arrival of their daughter, Dua. He expressed his joy, stating how happy he was to have 'Laxmi' in his home. With hands joined in a respectful gesture, he requested everyone not to

take photos of his daughter. Shortly after, Deepika Padukone joined the gathering to meet everyone before leaving."

Deepika and Ranveer welcomed their daughter, Dua Padukone Singh, on September 8, 2024. The couple revealed her name during Diwali celebrations, explaining that "Dua" means "prayer" and signifies the answer to their prayers. They shared an adorable first photo of her tiny feet, expressing their love and gratitude. On the work front, Ranveer Singh is set to star in several exciting upcoming films, including 'Don 3', directed by Farhan Akhtar, alongside Kiara Advani. After 'Singham Again', he also has Aditya Dhar's action thriller in the pipeline.

—ETimes

SAREE COLLECTOR

Shilpa Shetty admits she has a soft corner for the traditional Indian attire

December 21 was World Saree Day. The traditional Indian attire is a big hit among actresses. And one who knows how to flaunt it in style is Shilpa Shetty Kundra. The actress who loves to sport sarees at various occasions be it at events or at red carpets is a big saree hoarder. Talking about her saree love, Shilpa tells us, "I have a huge collection. I like to collect pieces that are timeless, that I can wear 20 years down the line too. After all, it is my most favourite attire. My favourite saree in the house is of course the one I wore at my wedding." While Shilpa has a collection in her wardrobe, her sister apparently hates to wear drape one. Seen in the Indian Police Force this year, Shilpa told us, "Shamita hates wearing sarees because she's always scared that the pallu is going to come off or the pleats might open when she's going on stage. I must say that wearing a saree and carrying it off is an art. I hate wearing sarees that make it difficult for me to maneuver in them, or where the pleats are difficult to pin. So, well, there are some perquisites when I am buying a saree."

—Onkar Kulkarni, ETimes



1 song, 13 days' shoot

Actress Kiara Advani has recently revealed that she shot a song sequence over an extensive 13-day schedule for the first time.

On Monday, the Kabir Singh actress took to her Instagram handle and posted a video of her rehearsing for the song 'Dhop' from her upcoming film "Game Changer." In the caption, Kiara revealed that this was the first time she filmed a movie song for 13 days on a set that felt like being in Disneyland.

Sharing the clip, Advani wrote, "Here's a sneak peek of my first day at rehearsal for the first schedule of Game Changer. We started the film with the shoot of the song #Dhop beautifully conceptualised by @shanmughamshankar Sir."

The actress added, "It was the first time I shot a movie song for 13 days on a set that made me feel like I was in Disneyland (can't wait for you guys to see it in cinemas soon) I remember seeing @alwaysjani masters choreography and thinking how are we going to do this, but that's the beauty of our job, always learning something new.. a new style of dance is it dubstep/classical/robotic/hip hop you can answer that in the comments below it's always fun matching steps with the extremely talented and one of the best dancers I know RC!! @alwaysramcharan and with @musicthamann giving us these unique beats we were all hooked..."

—IANS



No kidding

Scarlett Johansson reacts to hubby Colin Jost's dark jokes about her and their baby on 'SNL'

Comedian Colin Jost may well be in trouble as he may have to do some explaining back home to his wife, Hollywood star Scarlett Johansson after the recent episode of 'Saturday Night Live'.

On the show's winter finale on Saturday, Colin Jost and 'Weekend Update' co-host Michael Che were forced to read jokes they had never seen before per the show's biannual tradition, reports 'People' magazine.

The prompts are designed to get the comedians in hot water, and this year was no exception, especially when it came to jokes about Scarlett Johansson, 40.

As per 'People', the actress, who



appeared in the show's opening monologue, watched the 'Weekend Update' segment in real time with a camera trained on her face to capture her reactions as Jost began nervously reading his cue cards.

"Hey boo, y'all know Scarlett just celebrated her 40th birthday", Jost said, while already looking worried about what was to come next.

He further mentioned, "Which means I'm about to get up out of there. Nah, nah. I'm just playing. We just had a kid together, and y'all ain't see no pictures of him yet 'cause he Black as hell".

The camera then cut to Johansson, who shook her head while grimacing. Later in the segment, Jost announced that "Costco has removed their roast beef sandwich from their menu. But I ain't tripping, I'd be eating roast beef every night since my wife had the kid", before lowering his face in his hands in apparent horror. Johansson looked shocked, mouthing, "Oh my God", from backstage.

—IANS